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THE
Red Cross Magazine

The official publication of the American Red Cross

HON. WOODROW WILSON, PRESIDENT HON. WM. HOWARD TAFT, CHAIRMAN
ELIOT WADSWORTH, ACTING-CHAIRMAN

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THE RED CROSS MAGAZINE GARDEN CITY, N. Y.

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PART OF HOSPITAL IN FIRST WAR RELIEF MANEUVER IN OUR HISTORY

The practical lessons of the European War have been many, but one of the most pointed bears upon the urgency of medical and surgical preparedness. The Red Cross recently mobilized in Philadelphia an entire base hospital, one of twenty-five that it has organized. The scene here is in an operating tent

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THE
RED CROSS
MAGAZINE

"Founded to Aid in the Prevention and Alleviation of Human Suffering in Times of War and Peace"

VOLUME ELEVEN | DECEMBER, 1916 | NUMBER TWELVE

SAVING 500 LIVES AT A TIME

CRY OF WARNING FROM EUROPE—BASE HOSPITAL IDEA—ORGANIZATION FOR MEDICAL PREPAREDNESS—PHILADELPHIA MANEUVERS—INADEQUACY OF OUR ARMY MEDICAL ORGANIZATION

BY

AUSTIN CUNNINGHAM

ONE day last spring an American surgeon, who had served with the American Ambulance in Paris for several months, and who later had an opportunity to observe the medical and surgical work back of the German lines, returned to the United States. He brought back a warning to America to fortify herself in time of peace for the overwhelming task of caring for probable war-victims in the future, against that always-possible day when they—American men and boys—as objects for tender ministrations may be numbered by hundreds of thousands.

"War," exclaimed this surgeon—Dr. K. Connell, of the surgical staff of Roosevelt Hospital, New York—"War falls like a wet blanket, extinguishing the fires of industrial activity in a nation. . . . Unless one has undertaken to organize and equip under the strain of war conditions even a small (medical) unit, one can have no conception of the paralysis of production and shortage of supplies, the difficulties of purchase and of transportation under war conditions. . . . As a most important lesson of the present European war, *we should organize and equip in time of peace a series of civilian forward base hospitals.* . . . The actual surgery of the war must be done by the efficient civilian organizations of peace, namely, the trained staffs of our existing hospitals. . . . I am pleading the cause of our own country."

The Military Relief Department of our Red Cross had some time before reached these identical conclusions, and had a number of mobile base hospitals in process of organization, with practicing surgeons, sanitarians, and graduate enrolled Red Cross nurses in big civilian hospitals pledged as the nucleus of the skilled personnel, subject to call in the event of a national emergency. And in Philadelphia, the other day, one of twenty-five such hospitals, now organized and equipped at an expense of about $25,000 each, was mobilized—the first incident of the kind in our history.

This initial physical exhibition of what the Red Cross has been doing, at least in one branch of its being, was given in Philadelphia, on October 28, during the annual conventions of the Clinical Congress of Surgeons and the American College of Surgeons, representative bodies of the highly developed and rigidly ethical medical fraternity in the United States. It was the mobilization in Fairmount Park of a completely equipped temporary base hospital, which proved to be an imposing city of 85 dun-colored army tents covering about twelve acres. The grassy brow of pic-

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turesque Belmont Plateau was the precise site of this mushroom village of canvas. And every conceivable department of an active hospital, capable of caring for 500 wounded or sick men at one time, was there in its ordered place, from the combination kitchen and bakery to the long ward tents. Not only was every department there but every department actually was equipped with carefully selected *materiël* and skilled surgical and nursing personnel. The X-ray tent with its intricate electrical apparatus; the sterilizing tent with its huge nickel-plated receptacles resembling the shiny coffee containers which are in evidence in the grab-and-bolt restaurants; the operating room, with table in readiness and gas-giving device and operating instruments nearby—these were there, too, with uniformed surgeons and nurses standing about. One was almost tempted to climb upon an operating table to start the machinery to work, or to save an idle dental surgeon from ennui by taking possession of his red-plush chair and telling him to "go ahead!" It was all possible and real because the Lakeside Hospital in Cleveland furnished the personnel of "American Red Cross Base Hospital, No. 4," of which Dr. George W. Crile, who is distinguished even among eminent surgeons, is director; the paraphernalia, complete in all respects so that every necessity of the wounded man could be promptly and efficiently met, was brought from the Bush Terminal Depot of the

Photograph by Brown Bros.

RED CROSS OFFICIALS AT ENCAMPMENT

Left to right: Major R. U. Patterson, U. S. A., head of First Aid Division; Mr. Eliot Wadsworth, Acting-Chairman of the Central Committee; Colonel J. R. Kean, U. S. A., organizer of the base hospitals

Photograph by Brown Bros.

ENTRANCE TO THE PHILADELPHIA CITY OF TENTS

The Red Cross has been striving to fortify itself in all branches for years. It is making headway, but needs a far greater endowment fund and millions of members. Japan's Red Cross has an endowment of $13,000,000 and 1,800,000 members; our Red Cross has about $1,000,000 endowment and 250,000 members

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Red Cross in Brooklyn, and the tentage was furnished by the Government from its Philadelphia depot and was erected, and the camp policed, by a detachment of the United States Medical Department from Washington, under command of Major Harold W. Jones, Medical Corps, U. S. A.

And it was a big Red Cross "war game"—a literal and convincing demonstration of the urgency of such preparation in time of peace. The man who has personally directed the organization of these base hospitals—seven in New York City, one in Brooklyn, one in Rochester, N.Y., two in Boston, one in Harvard University, two in Philadelphia, one in Pittsburgh, one in St. Louis, one in Cleveland, one in Cincinnati, one in Detroit, four in Chicago, and one in Rochester, Minn., and in addition has effected the formation with equipment of two field columns at a cost of $10,000 each—is Colonel Jefferson R. Kean, Medical Corps, U. S. A., who, early in the present year, was authorized by Surgeon General W. C. Gorgas of the Army to serve as Director General of Military Relief of the American Red Cross.

Photograph by Brown Bros.

MISS JANE A. DELANO

Chairman of the Nursing Committee, at the extreme right, who was formerly superintendent of Bellevue Training School. She has enrolled more than 7,000 graduate nurses into the Red Cross

Pause for a moment and grasp the financial significance of that constructive effort. Twenty-five base hospitals at $25,000 each and two field columns or ambulance companies at $10,000 each, mean a total outlay of $645,000, most of which has been subscribed by generous American citizens. The field columns, by the way, are located in New York and Berkeley, Calif.

Photograph by Brown Bros.

VIEW FROM THE BROW OF BELMONT PLATEAU

This experimental hospital of tents would not do as a permanent establishment. Portable houses are under consideration now. But the tent hospital could at once undertake the care of 500 sick and wounded, for no detail of a base hospital is lacking

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Photograph by Brown Bros.

THE PERSONNEL OF A WARD TENT

Consists of a surgeon, three nurses, and an orderly. Each tent is equipped with 20 beds

Each base hospital, officered and managed by the topmost surgical, medical, sanitary, and nursing talent in the United States, is capable of caring for 500 wounded or sick men at one time, or a total of 12,500. In other words, there are 12,500 beds in 25 hospitals of the kind. These hospitals in periods of national stress would be assembled at the military base or at such other point or points as the military authorities might designate and, in smooth working order—the staffs having previously served together in large civil hospitals—would at once begin their all-important humanitarian and economic task of saving the lives of our disabled soldiers and sailors. And they would pass from the jurisdiction of the Red Cross, these hospitals would, into that of the Government—of the War Department—subject to fixed military regulations.

One development in connection with this Red Cross war game which alone proves the value of experiments and maneuvers in conserving human life, which is in fine, the same as safeguarding our republic, was that housing in tents is not the ideal condition for what Colonel Kean calls "so large and sedentary an organization as a base hospital." "But," he says, "it will

Photograph by Brown Bros.

INTERIOR OF ONE OF THE WARD TENTS

The plan of making civilian hospital staffs, accustomed to working together, available for service in time of war resulted from an analysis of European conditions by Dr. George W. Crile, of Cleveland, newly-elected president of the American College of Surgeons, and Colonel Kean, of the Red Cross

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serve the purpose until better accommodations can be provided." On exhibition in one of the tents in Fairmount Park was a beautiful model of base hospital construction in portable houses—a design of excellent workmanship. This model was created under the supervision of Dr. George E. Brewer, of the Presbyterian Hospital, New York, and his assistant, Dr. Sidney R. Burnap, who are, incidentally, director and adjutant, respectively, of Red Cross Base Hospital No. 2—one of the seven in the Metropolitan District. This plan appealed strongly to many of the eminent surgeons who inspected the camp, including Colonel Kean, and Dr. Crile, the director of the Cleveland unit which furnished the personnel—16 medical officers, including specialists, 25 nurses, and 25 administrative personnel—for the camp demonstration.

Now, let us inquire into the need of such costly and time-consuming preparation more closely. We do not have to go far to learn some pertinent and sobering facts.

"Our next war, if with a first class power, will require an army of more than a million men," declared Colonel H. P. Birmingham, Acting-Surgeon General of the Army, at

Photograph by Brown Bros.

WITHIN THE STERILIZING TENT

The equipment of a hospital would be assembled with difficulty after war came

Photograph by Brown Bros.

THE LINEN TENT AND GLIMPSE OF A STREET

"Unless one has undertaken to organize and equip under the strain of war conditions even a small (medical) unit," said Dr. K. Connell of New York, after several months in the European War zone, "one can have no conception of the paralysis of production and shortage of supplies"

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a Red Cross meeting held in the Bellevue-Stratford Hotel, in Philadelphia, following the field activities in Fairmount Park. "And this with a maximum of only 1533 trained regular medical officers, on the basis of seven per one thousand of the regular force, authorized by the National Defense Act of June last. This is the one great reason that demands a trained medical reserve, and, unless the shameful stories of '61-'65 and '98 are to be repeated, this reserve we must have."

But that is not all Colonel Birmingham said in this meeting—a meeting which became a clearing-house of opinion on war-relief preparedness and addressed by Major General Leonard Wood, Commander of the Department of the East; former Ambassador Robert Bacon; Dr. Fred Bates Lund, of Boston, president of the Clinical Congress of Surgeons and member of the National Committee on Red Cross Medical Service, who presided; Dr. Crile, director of the Cleveland base hospital, who was elected president of the American College of Surgeons; Mr. Eliot Wadsworth, Acting-Chairman of the Central Committee of the American Red Cross; Colonel Kean, Director General of Military Relief, who is a former president of the Association of Military Surgeons of the United States, and others.

Photograph by Brown Bros.

LOOKING DOWN MAIN STREET

The Acting-Surgeon General of the Army at this Red Cross maneuver said that our next war, if with a first-class power, will require an army of more than a million men. There are only seven doctors to every 1,000 soldiers in our army now. This is not enough even in time of peace

"To-day there are in the service of the United States 7.3 medical officers per one thousand troops, including Reserve officers, and in the Southern Department (which embraces the Mexican border patrol) a ratio of 8.6 per thousand of enlisted men of the Army," continued the Acting-Surgeon General. "This number is barely sufficient for the needs of the service notwithstanding the fact that, while the Army is in the field, *it is not at war.* There is a sick rate of 20.3 per one thousand; and we have but one line of communication, which is not taxed as it would be in actual war. . . . Few realize that in war more than 10 medical officers per thousand are required for efficient duty. The tables of organization for an army of 200,000 men in war require 2,035 medical officers. This does not take into consideration the number of medical officers required for duty in the home territory, for administration, duty at recruit depots, coast forts, mobilization camps, general hospitals, convalescent camps, etc. Congress will never, in time of peace, provide this number of medical officers for the Army, and it is upon our splendid Reserve Corps, and the fine units organized for the Medical Department by the Red Cross, that we must depend for the necessary men to fill the medical quota in time of war. . . . Medical preparedness is a matter of organization and education. . . . A medical service is, except in time of emergency, given money too grudgingly; and when the emergency is passed, again reverts to its previous state of poverty. The fact that preparedness is a true economy is lost sight of. This truth is often forgotten, as is also the truth that emergency preparation is always more expensive than rational and conservative preparation in time of peace."

In a general way it was shown in that meeting of experts and laymen, both groups being moved by patriotic and humane impulses, that medical preparedness is an arch whose foundation stones are labelled "Conservation of Human Life" and "Efficiency." The life-saving

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idea needs no elucidation. The efficiency is obtained in the prevention of ailments that cause a sometimes rapid demoralization of fighting forces and in the quick healing of wounds. There should be a coördinating of the life-saving and life-destroying branches of the military establishment. It will result in saving lives that would otherwise be uselessly sacrificed—sacrificed because of a false understanding of economy, and a lack of realization of the importance of providing a thoroughly equipped and much-drilled sanitary service while the calm of peace permits.

So large and complex an organization as a base hospital, according to Colonel Kean, cannot be improvised. "Its varied and specialized personnel when brought together require time and training to fall into orderly adjustment and efficient operation, and a chance aggregation of doctors and nurses can no more claim at first to be an efficient hospital than a thousand armed men collected from the streets can be regarded as an effective regiment. Likewise its elaborate equipment cannot be purchased in a day or a week, nor yet in a month, especially in war time. The conception, which we owe originally to Dr. Crile, of a unit which is organized entirely within an existing hospital gives us, however, an organization capable of teamwork from the start and greatly shortens the time of training."

"Wherever collective effort is to be exerted," added Dr. Crile, the new head of the American College of Surgeons, "experience has taught us that cohesion and coöperation are necessary to secure results. That this is peculiarly true of the medical service is, I believe, conceded. The American Red Cross, under Colonel Kean's direction, has rendered a great service for the cause of medical preparedness."

Every one was asked to criticise wherever they saw fit any detail of the mobilized base hospital, Dr. Crile said, as to both the plan as a whole and the equipment. "As a result of our experience," he went on, "we believe that good work can be done as the unit stands. This hospital could, by making moderate corrections, go at once into the field and give excellent service. But a canvas base hospital is obviously adapted to temporary uses—for filling in gaps, for meeting emergencies. For a more permanent base hospital, some form of portable buildings, such as the splendid plan shown by Dr. Brewer and Dr. Burnap would seem more suitable. But in spite of what we have seen to commend in the mobilization, we must be dissatisfied until the best possible unit has been evolved. This should be the work of a strong committee supplemented by the assistance of all persons interested, both in and out of the Army and Navy. And next year we can mobilize a much improved unit. It has been indeed a pleasant duty to coöperate with the Red Cross in an effort to increase the effectiveness of its work."

Photograph by Brown Bros.

THE ENTIRE STAFF

These experts, consisting of 16 medical officers, including specialists, 25 nurses and 25 administrative personnel, would be assigned to one base hospital Much team work is necessary for efficiency even among professionals. No chance company of surgeons and nurses could at once serve efficiently

Through all the other talks in that Philadelphia meeting ran a deep current of warning that general Red Cross preparedness be accelerated; that the necessarily slow creation of such invaluable institutions as mobile base hospitals be aided as a matter of patriotism and humanitarianism, and that, as General Wood urged, the Red Cross be helped to enroll "three or four million members" throughout the land.

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HOW ORGANIZATION HELPS

NEW ROLE OF THE NEW YORK POLICEMAN—SANITARY OFFICER, GUIDE, COUNSELLOR, PEACE-OFFICER, AND SOLDIER DISASTER RELIEF AND REFUGEES—HOME DEFENSE LEAGUE

BY

HENRY JAY CASE

TO CARRY out the will of the majority of the people as expressed in law is one function of the police; to protect the City from crooks and thieves is another; to shelter refugees and give them food and clothing in times of great emergency is a third. A competent policeman to-day should be sanitary officer, guide, counsellor, thief-catcher, peace-officer, and soldier, all rolled into one.

So did Arthur Woods, Police Commissioner of the City of New York, see the job of the modern blue-coated representative of the law when he assumed office a little over two and a half years ago, and he has been hard at work developing the force along these lines ever since. It was this same Police Commissioner who laid down the first plans for modern police preparedness, and through schools of instruction has been training his force to face any emergency even though it be a calamity such as reduced San Francisco to crumbling ruins, that buried Dayton, Ohio, beneath a flood, and washed out many a town at different times along the Mississippi River. All of these cities and towns had loyal policemen but they were not prepared, and the U. S. Army had to be called in to restore order and safety.

With 11,000 trained officers and men, New York has the largest uniformed force at any one spot on the nation's seaboard. The Police Commissioner intends that the City shall receive full benefit of its service and he has lost no time in preparing this big force to be able to do its share, even to resisting invasion should the time ever come.

Acquiring proficiency in so many varieties of work seems a pretty big task for a police department, as police departments go, especially when we limit, as we have been inclined to do, the usefulness of a police force to trying door knobs, chasing small boys, and occasionally catching a thief. But, in giving the New York police force a few more jobs to do, this Police Commissioner opened up an entirely new field of police activity, aroused new interest and enthusiasm among the members, increased their pride in their profession and raised the force a hundred-fold in the

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PREPARED TO HANDLE EMERGENCY RELIEF

Greater New York has been given a police system which, it is believed, could cope with any disaster relief problem Not that the disaster would be averted, but the confusing conditions following such visitations would be taken in hand quickly and effectively

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respect of the whole community.

To-day, there is a noticeable change in the manner and bearing of the policeman. He no longer shuffles ponderously along his post, content with his own thoughts and with apparent little regard for those whom he meets. We see in his place an alert servant of the people, willing and anxious to help whoever may come to him, quick to think and act, courteous, respectful, and obedient. Athletic competition and drills cut down the waist lines; schools of instruction and personal pride in the new work and duties brought about the change in carriage and manners. The new "cop" is a different man and he is fit and ready for almost any call.

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MR ARTHUR WOODS

New York's Police Commissioner, whose idea is that "a competent policeman to-day should be sanitary officer, guide, counsellor, thief-chaser, peace-officer, and soldier rolled into one"

Not long ago two or three blocks of pavement in the heart of the theatrical district of the City suddenly dropped into the subway then under course of construction below, precipitating into the hole, trolley cars, a horse or two, and a score or more of citizens. It happened that the Police Commissioner was one of the first to arrive on the scene of trouble. He saw the police lines quickly formed, a temporary police precinct established in the street with headquarters designated by a green flag, an emergency desk set upon the curb, telephone communications made, police clerks put to work, and police orders already prepared quickly dispatched to their proper destinations. Every man seemed to have his particular duty to perform; there was no confusion. Relief measures went almost automatically into effect—ambulances, nurses, pulmotors, electric lights, etc. A reporter running around the corner, bumped into the Commissioner leaning against a building placidly smoking a cigar.

"Well," he said, "this is the best police work I've seen but you don't seem to be bothering much about it!"

"No," replied the Commissioner, "I did my work on it six months ago."

This was police preparedness, and police preparedness means nothing more than know-

THE ANNUAL PARADE ON FIFTH AVENUE

With its 11,000 trained officers and men New York has the largest uniformed force at any one spot on our seaboard. But the Commissioner has organized in addition a Home Defense League of 22,000 civilians, formed into companies in the 90 City precincts

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THE LOST CHILD'S FRIEND

The policeman is changing. He is taking a greater, broader pride in his profession and is growing in the respect of the community. He is becoming a more alert servant of the people

ON DUTY AT A DANGEROUS CROSSING

The police have made a map of New York which shows by colored pins and flags the nationalities in various sections, locations of traction lines, schools, and other points where accidents may occur

ing the job and being ready for any emergency.

Not long ago, also, New York City had a traction strike, and, although more than two-thirds of the force was on constant duty, night and day for several weeks, there was little irritation and friction, no serious outbreak of disorder and very few disturbances. Both employers and employees had a good word to say for the bluecoats when the thing was over, even though feeling at times ran high and some sixty-odd members of the force were injured through violence.

Two things which more than anything else made this efficiency possible were the careful study in advance made of the subject of handling strikes, and the personal care shown by superior officers for the comfort of the members of their commands. The Police Commissioner was insistent upon the latter point, one inspector being brought up on charges for neglecting his men and several officers transferred for not taking proper care of theirs.

The police in this strike, covering four boroughs any one of which is much larger than many of the big cities in the country, were directed through orders issued by the Chief Inspector at Headquarters, and a perfect telephone system and motorcycle and automobile couriers kept the lines of communication open. Reserves both mounted and dismounted were held at station-houses so located as to strategically cover the whole of the ter-

AN ACCIDENT-PREVENTION SCHOOL LECTURE

Heedless young people are told by officers of the dangers of "catchin' on behind" a dray and of playing games in the busy streets. At certain times each day a number of streets are set apart as "Play Streets" and stanchions and ropes mark the boundaries.

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MOUNTED POLICE

During the recent street railway strike the entire territory was strategically covered by reserves both mounted and foot. All lines of communication were kept open

A FLOATING POLICE STATION

Built on a barge by the police, this station may be towed to any part of the rivers, harbors, and bays, and maintained as an emergency headquarters during waterfront troubles

ritory affected. The foot reserves when wanted quickly, were moved from one part of the city to another by motor trucks and automobiles. When the strike was at its height and trouble was expected on the water front, 400 mounted police went into camp on piers along the North and East Rivers—a justified precaution.

At police headquarters is a map of the city which covers one entire wall, and on it are little flags, pins, and colored pieces of paper which denote the nationalities prevailing in the various sections of the city, locations of traction lines, power-houses, school buildings, churches, banks, art museums, subway and elevated stations, police stations, water reservoirs, and other objects of vital importance to the life of the municipality. This map was made by policemen and so well was it done that the Army is now making a copy of it for use of the Commanding Officer of the Department of the East.

In other offices at Headquarters are card indexes with data and statistics covering food supplies, buildings which may be used for shelters, lines which may be depended upon for transportation, steam, electric, and motor-power boats—companies and individuals who have volunteered the use of steam boats, barges, motor boats, launches, tugs; owners of yachts, owners of airplanes, wireless stations which may be put in touch with the new wireless station at Police Headquarters, the names of

SQUADRON OF MOTOR-CYCLE MEN

When three blocks of pavement in the heart of New York dropped into the Subway a few months ago, pitching into the hole trolley cars and citizens, the police quickly formed lines, a green flag indicated headquarters, a desk was set on the curb and clerks were busied

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citizens—professional and business men—trained in particular capacities for assisting the city in an hour of need, the minimum and maximum force which may be depended upon, the telephone numbers, and quickest and easiest routes of communication.

Last May the Police Commissioner started a police training camp down the bay at Fort Wadsworth under the instruction of army officers lent by the Federal Government. This camp was continued until the traction strike in late summer caused its abandonment. It was attended only by volunteers from the force who answered the personal call of the Commissioner. These volunteers, many of whom were not drawing more than $1,200 a year, went down into their own pockets for the price of their khaki uniforms and two weeks' board. Four hundred officers and men went to this camp every two weeks and worked hard on camp construction and sanitation, the drawing, issuing, and cooking of food supplies, the construction of drains, latrines, trenches, mess halls, and ovens. They were also instructed in the school of the soldier, the manual of arms, rifle practice, in the operation of motor-cycles and motor-launches; and calisthenics were an especial part of the day's work of each policeman, big or little, fat or thin. Altogether five battalions of the New York Police received this instruction last summer

HARBOR POLICE AT MACHINE GUN DRILL

It is the Commissioner's desire to plan ahead for every conceivable emergency. Whether for defense or disaster, it is a constructive peace work

One of the principal objects of the training camp instruction was to teach the men how to give shelter and food to homeless refugees. Last summer's work was practical field experience in the sanitary housing and feeding of men in the field, and though no practical work has been or may be done in the city blocks, there are plans on paper which show the normal and emergency capacity of all large halls, lofts, schoolhouses, and other public buildings, together with data showing how much flour and other foodstuffs will be necessary to feed a given number of men, women, and children; where these supplies may be quickly obtained and where they may be quickly cooked; bills of fare arranged for twenty-one meals which could be furnished to twenty-five, fifty, seventy-five, and a hundred thousand people at the lowest possible cost. Requisition blanks for raw materials have been printed and are ready for issue even to knives, forks, spoons, cups, plates, and saucers.

In September, one troop chosen from the division of mounted police went to the State Fair at Syracuse for its annual exhibition in police work and rough-riding. In other years this troop has traveled by rail in Pullman palace cars. This year, Commissioner Woods sent it cross-country under orders to ride the six hundred miles to and from the Fair, carrying their own tentage, fodder, and provisions, and camping along side of the road. The troop made the three hundred miles to Syracuse easily, gaining much valuable information in caring for horses and men while en route and making friends with the up-State folk along the way, but it had to return by rail on account of the traction strike. They were back in the city on duty inside of a day after the orders went out recalling them.

But this is only one side of police preparedness. What would happen if the city should awaken some morning and find that it could not talk? Suppose the telephone and telegraph wires were put out of commission, what could the police do then? About a year ago the wigwag system of communication was taken up under the tuition of naval officers. Signaling stations were located throughout the city on high buildings, and a system of communication adopted for carrying messages in all directions from Headquarters by use of the wigwag flags. A squad of men is still at work on this instruction but more recently a wireless instrument has been installed at Headquarters. Sixteen policemen have qualified as first-class commercial operators and another class of sixteen others are now in the training school.

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Individual citizens owning wireless plants have lent them to the Police Department for formulating a system of wireless stations throughout the city, messages being relayed from these wireless stations to precinct station-houses by the corps of motor-cycle men.

While all this police preparedness has been going on ashore, the harbor police who patrol more than four hundred miles of waterways inside the great city have done much to develop their efficiency. Machine guns have been mounted on all the boats of the Police Department, and the crews taught how to use them by officers of the Navy. The harbor police also use the wigwag drill. A diving squad is in the process of organization and the Department soon expects to have at its command an efficient force of deep sea divers, each one of them a member of the force.

One of the most recent innovations of the harbor police has been the construction of a floating precinct station-house which, built upon a barge, may be towed to any part of the rivers, harbors, and bays of the city and there moored as an emergency station. This floating precinct station-house is equipped with a regular police desk, dormitory, and reserve room. The men come and go by launches instead of trolley cars and the reliefs are turned out by crews instead of platoons. Most of the work of the harbor police is chasing river pirates, rescuing lives, and dragging the waters for drowned persons. For the last two years an additional burden has been put upon the members of this division through the presence of so many munition ships and explosives in the harbor, all of which have to be carefully guarded day and night.

With a view to further encouraging co-operation between the public and the police, the last year has witnessed the organization of the Home Defense League, a citizen police organization, suggested by the Police Commissioner and built up by the police officers themselves. It was first thought of over a year ago. The League was organized solely for defense against invasion and has reached a paper strength of 22,000, with 15,000 of this total organized by companies in the ninety-odd police precincts of the city. Each of these companies elects its own officers and maintains drills, calisthenics, exercises, and police instruction throughout the winter under the supervision of the police captain of the precinct. Such has been the success of this citizen body and such the enthusiasm of its members that, after one year's experiment, the Commissioner proposes to give the Home Defense League a distinctive uniform for camps and parades and has offered to the three best battalions the honor of marching in the annual police parade next spring. Under this encouragement the members of the Home Defense League are going at their second year's work with renewed enthusiasm, and the Police Commissioner has further promised that if possible he will give the league opportunity to have a battalion in the police training-camp next summer under Army officers' instructions and army curriculum.

From the first, efforts of the Police Commissioner and the officers of the Department to recruit such an organization as this met with success; 5,000 names of citizens were obtained at once and, on the occasion of the great preparedness parade in New York City, it was an unusual sight to see business men, professional men, working men, school teachers —men of all conditions—giving out circulars asking for enlistments in the Home Defense League. The result of this one effort at recruiting jumped the membership of the Home Defense League from 10,000 to 22,000 inside of a month.

Since its organization, members of the Home Defense League have rendered valuable service to the Police Department and to the city. They were used as volunteers in the sanitary patrol of the city, in the recent epidemic of poliomyelitis; they volunteered for duty at street intersections during the opening, closing, and noon recess of the Public Schools to help children cross thick traffic thoroughfares, and during the recent traction strike, details from many of the companies stood ready to volunteer their services should such service be needed, although it was expressly provided in the Constitution of the Home Defense League that the members should not be called out as a body in industrial labor disputes.

The Home Defense League is to-day a big bulwark behind the Police Department and should the occasion require, this force of citizens would make the Police Department of the City of New York a power to be reckoned with. Whichever way you look at it, whether for defense against invasion or preparing against disaster, the new idea in the Police Department of America's greatest city is a constructive peace game since it stimulates the policeman's interest in the well-being of the city, induces a feeling of teamwork and brotherhood, and builds up an *esprit de corps*. The work engaged in is not destructive, but constructive, and requires an altogether fine spirit such as the American people show when called upon.

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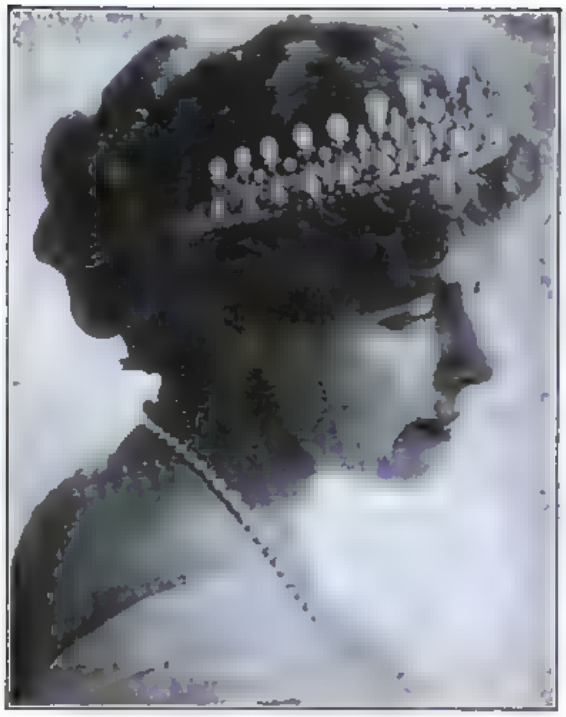

Photograph by Underwood & Underwood

THE QUEEN OF RUMANIA

A granddaughter of Queen Victoria who devotes much attention to Red Cross work

Royalty in the Red Cross

HOW THE FIRST LADIES OF PRACTICALLY EVERY BELLIGERENT COUNTRY HAVE BECOME ACTIVELY INTERESTED IN THE RELIEF OF THE SICK AND WOUNDED

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THE CZARINA OF RUSSIA

Seated at the right, with her two daughters, the Grand Duchesses Olga and Tatiana, in the uniform of the Russian Red Cross. In every belligerent country under such leaders the women have responded nobly to the call of humanity

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PRINCESS HELENA OF GREECE

The sister-in-law of King Constantine, with a hospital staff. The demands for hospital work are far beyond the supply of either people or equipment

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ARCHDUCHESS MARIA

At the right, the mother of Archduke Karl Franz Joseph, who becomes Emperor of Austria-Hungary, ministering to a wounded countryman

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QUEEN ALEXANDRA, THE QUEEN MOTHER OF GREAT BRITAIN

President of the British Red Cross. At the start of the war most of the nations were ill-equipped to cope with the stupendous task of caring for the sick and wounded

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Photograph by Boston Photo News

MADAME POINCARÉ, WIFE OF THE PRESIDENT OF FRANCE

Seated third from the left Preparedness for the care of the sick and wounded is a vital necessity to belligerent armies of the size engaged in Europe to-day

Photograph by Boston Photo News

THE DOWAGER QUEEN MARGUERITA OF ITALY

The impetus given to relief work throughout Europe by the example of the sovereigns has been of untold value to the cause of humanity

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THE EMPRESS OF GERMANY

Before the war, Germany had every public building, every doctor, and every nurse assigned for the relief of the wounded. This preparedness undoubtedly saved many lives for Germany and is an example in humanitarian preparedness of which the United States should take cognizance

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QUEEN ELEANORE OF BULGARIA

The horrors of typhus, the suffering both of the armies and the civilian populations in the Balkans stand as a terrible warning to every nation to be forehanded in preparation for relief work

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Christmas in the Warring Countries

HOW CHRISTMAS IS BROUGHT TO THE WAR SUFFERERS ON THE SEA, IN THE TRENCHES, AND IN THE HOSPITALS

Photograph by Boston Photo News

Mailing a Christmas letter to the front

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CHRISTMAS AT THE FRONT

French soldiers profiting by the kindness of their friends and relatives

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CHRISTMAS GIFTS FROM AMERICA

No country responds more liberally than the United States toward the help of sufferers Red Cross supplies and needed articles in unlimited number go abroad every month The war orphan -perhaps the most pathetic sight in Europe to-day has found many sympathetic friends in the United States

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NEAR THE GERMAN TRENCHES

Tobacco, food, and reading matter are perhaps the most appreciated personal presents for the soldiers

Photograph by Underwood & Underwood

MORE CHRISTMAS FOR THE GERMANS

The trench-hardened soldier greatly appreciates even the most modest gifts

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Photograph by Boston Photo News

CHRISTMAS IN THE BRITISH NAVY

Because interest is chiefly centred on land warfare is no reason to forget that there are many who are daily braving the dangers of the sea for their countries

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A REAL CHRISTMAS FEAST

Geese, turkeys, large quantities of fruit, wines, etc., assembled for distribution among the French troops. A present from President Poincaré

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Photograph by Underwood & Underwood

A GIANT CRACKER

In every country exhibits and collection places are created to receive and forward presents to the soldiers in the trenches and in the hospitals

Photograph by Underwood & Underwood

IN A HOSPITAL

The response of every country in lightening the burden of the wounded is one of the most inspiring aspects of the war

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A PERSONAL CHRISTMAS PRESENT

Not only is there a limitless need for medical supplies, but a personal present from friends, relations, or unknown benefactors cheers the wounded and instils in him a consciousness of personality rather than a feeling of one unidentified cog in the huge machinery of war

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A GERMAN CHRISTMAS

The Red Cross in Germany was organized before the war to meet every contingency The utmost care is taken of the wounded, both physically and mentally. For those who are able work is provided, and some form of diversion is given to those not physically fit

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EDITORIALS

THE RED CROSS MAGAZINE AND ITS AMBITIONS

IN THE public mind the Red Cross has assumed a new magnitude since the Great War started. The underlying principle of the Red Cross has been consciously felt by most Americans since August, 1914.

While that principle is twofold—the prevention and the alleviation of suffering—the organization sprang into life more than a half-century ago as a medium for the care of the sick and wounded in war-time. And since the beginning of the Great War in Europe the solemn lesson has been brought home to the people of the United States that, however much preparedness is needed to cope with unforeseen disasters such as earthquakes, floods, and fires, it is impossible to exaggerate the need of adequate Red Cross preparedness to meet the tremendous demands of a state of war—the vital needs of our armed forces on land and sea.

European war relief measures are the freshest example of direct relief on the part of the Red Cross, and are simply in line with the relief work after the Ohio and Mississippi floods, the Michigan forest fires, the Omaha tornado, the San Francisco fire, and so on. The eradication of fever in Panama and the sanitation of the Philippines likewise are works which the Red Cross should and can coöperate in and foster. Everything from the education of the tenement child up to the prevention of a great fire comes within the province of the Red Cross idea as it is now conceived. And here also should come the forehanded preparation for any great unforeseen or unpreventable calamity. Through the Red Cross, the people of America are now mobilizing in advance materials and workers so they shall be ready to give instant aid.

This bigger Red Cross idea—prevention of suffering from any cause, the betterment of humanity, the preparation to cope with unpreventable suffering, and the relief of every kind of distress—is the idea for which THE RED CROSS MAGAZINE strives to act as an interpreter to the people of this country. Surely no finer field could be conceived for a magazine's ambitions than to take this message to all the interested citizens of our country, and month by month we hope that the magazine will do this with increasing attractiveness and efficiency.

With the new dress in which THE RED CROSS MAGAZINE now appears, this broader editorial purpose is partially worked out. Attention may be called, for example, to the article "How Organization Helps." The magazine intends to publish such records as this, of a work that is outside the Red Cross but that springs from the same humanitarian impulse and that illustrates the same power of organized helpfulness. The article on "A First Lesson in First Aid" is the beginning of a series of practical lessons invaluable in the home. "The Serbians" is a stirring narrative of American philanthropy at work in the war zone. "Saving Five Hundred Lives at a Time" is a story of medical preparedness to support and coöperate with the army and navy in our own country.

These articles are here catalogued because to define them is to define some of the lines of growth of the magazine. Such articles will make more interesting the work of the Red Cross and will, besides, point the way by which that work has been and can be made most effective for the service of mankind.

Henceforward it will record and interpret the progress of practical American humanitarianism, both in the United States and abroad, in war and peace, in the factory and the home, both of Red Cross and of other origin, with all the spirit and intimacy of lifelike detail that can be summoned to its aid, in articles and pictures. The magazine's field is as broad as the spirit of human kindness; and it will aim to reflect at all angles the practical generosity and the organizing genius of the American people in the domain of humanity.

ANOTHER SHIP TO AID VICTIMS OF GREAT WAR

WITH our Navy lending space in a collier and our Red Cross and Turkey's Red Crescent coöperating to assist the enterprise, the people of the United States will shortly send a ship-load of foodstuffs, clothing, and other urgently needed necessaries of life, to Beirut, Syria, to make glad at Christmas time the hearts of countless non-combatant Armenian and Syrian victims of numerous hardships imposed by war.

This, the second Christmas ship to go from the shores of America since the Great War began, has been made possible by the proclamation of President Wilson which set aside Octo-

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ber 21 and 22 as special days for contributions for the distressed peoples of Armenia and Syria who, in great flocks, have congregated in the vicinity of the eastern shore of the Mediterranean Sea. The American Red Cross, acting for the American Committee for Armenian and Syrian Relief, has purchased a huge assortment of supplies valued at approximately $275,000, to be part of the cargo of this intensely practical Christmas ship.

THE CHRISTMAS SEAL

ORGANIZED in United States territory from Alaska to the Panama Canal, and from Hawaii to Porto Rico, the campaign for the sale of Red Cross Christmas seals in the very near holiday season gives promise of netting greater results for the anti-tuberculosis fight by perhaps 20,000,000 seals than the 1915 sale. The steady growth of the annual returns of this beneficent activity has led those who are identified with it to expect a new record each year. In 1915 a high-water mark of 80,000,000 seals sold was reached, resulting in $800,000 for the crusade against the white plague. Because of improvements in the general selling organization and its extension into a number of western states, it is conservatively estimated by the National Association for the Study and Prevention of Tuberculosis that fully 100,000,000 seals will be sold in the next few weeks in cities, towns, and rural sections over the country. This will mean $1,000,000, and once the million dollar figure is reached it will be safe to count on that much money and more annually raised by this tiny "sticker" at one cent each for the sinews of the war against the dread malady.

The Red Cross Christmas seal habit has gained a strong hold on Americans. With most of us a Christmas package or letter is not complete—does not carry on its face the reflected spirit of the season, nor give evidence of Christmas magnanimity and charitableness—unless the Red Cross seal is there. And the good which is done is equitably distributed throughout the country. Ninety per cent. of the revenue raised is used for preventive and curative work where the seals are actually sold. Only ten per cent. is used by the American Red Cross and the National Association for the Study and Prevention of Tuberculosis for the purchase of the seals, and the organization and propaganda activities. The amount of money that will be available for anti-tuberculosis work in a particular community depends on the industry and enterprise of the local people in selling and buying the seals.

Through the medium of the little seal, the spirit of Red Cross humanitarianism and of Christmas cheer have been happily blended.

EDGAR HUIDEKOPER WELLS

THE RED CROSS MAGAZINE has the good fortune and the good pleasure of being able to announce to the members a most happy acquisition to the active management of the American Red Cross—Mr. Edgar Huidekoper Wells.

Mr. Wells will have charge of the organization and administration of all the local chapters of the RED CROSS and will also direct the campaigns to enroll new members. It would have been hard to have picked a man more eminently fitted to carry out this most important work, for all that he has done since he graduated from college has exactly prepared him for such a position. His successes both as an executive and administrator have been great.

Mr. Wells graduated from Harvard College in 1897, and from the Law School in 1900, with highest honors. After practising law for a short time he became Secretary of Harvard University and also Secretary of the Harvard Alumni Association, positions which require a large amount of executive ability and administrative capacity. These two positions he held until 1913, when he resigned and went abroad. Upon his return, in 1915, he became connected with the University Library, purchasing collections of books for it; for he is also an authority on books and literature. Last June, he was appointed by the General Education Board to take charge of the China Medical Board, but through the influence of the Acting-Chairman, Mr. Eliot Wadsworth, he has been persuaded to join the Red Cross organization.

The foregoing explains why Mr. Wells is qualified by success and experience for his new work, but it does not tell half the story. At the Commencement exercises at Harvard, in 1913, Dean Briggs suddenly called for Edgar H. Wells to come forward. And when Mr. Wells, bewildered, reached the platform, Dean Briggs presented him with a large gold loving cup, a gift from the graduates of the University. It was an unprecedented occasion; an occasion which is not likely to happen again. For the cup was given by the graduates on account of the respect, esteem, and affection that Mr. Wells had inspired in them; and he inspires these same feelings in every man he meets.

We most heartily congratulate the American Red Cross.

And we most heartily congratulate and welcome Mr. Wells.

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THE REFUGEES

The hardship and suffering of the old men, the women and children during the retreat through Serbia and Albania, are one of the great tragedies of the war

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THE SERBIANS

BY

ELLWOOD HENDRICK

[One of the most useful—and most appreciated—works of American philanthropy in the European War has been the relief of the Serbians who retreated through Albania and found refuge on Corfu and neighboring islands in the Adriatic Sea, early last spring. The following sketch is only a suggestive cross-section of that enterprise of effective relief. It would require a bulky volume to tell the whole interesting tale.—The Editors]

THEY were everywhere along the Mediterranean: on the coasts, on the islands, and a constant stream of them were pouring into France and French possessions. Several thousand of them were landed here, a thousand or so of them there, four or five hundred of them on one island, and more or less of them on another; cholera was raging, and typhus always breaking out, dysentery and troubles of mal-nutrition were constantly present.

Amid this jumble of disorganized helplessness the long arm of American relief made its welcome appearance. Documents, too long to print, tell of the work of Miss Emily Simmonds, Mr. Magoon, and Dr. Ryan representing the American Red Cross; of Mr. Lazarovitch, of Mrs. Hawes, and of some others.

The process with the refugees at all the different places was, first, to wash and clean them, and get rid of the "pearls of righteousness" which one of the loveliest of the saints found so effective in mortifying his body. This process called for soap and water. But there wasn't much water. On the island of Corfu, where the Greeks were in a bad way and the Serbian camps were worse, they were dependant upon the local rainfall and there wasn't much of it at that season. On March seventeenth last, there were two thousand sick people on the little near-by island of Vido alone, and more of them were coming every day. Huts were erected with about seventy beds in each; and everyone, on being admitted, was washed, scrubbed, and carefully gone over. As the reader may be unfamiliar with the sayings of St. Francis of Assisi and neither know what pearls of righteousness are nor why the refugees should be gone over after their long trek through Albania, we may indicate it in the verse repeated by a little cockney girl who played the part of Cinderella in a London charity school entertainment. She was discovered in rags, beside the fireplace, when the Fairy Godmother appeared and waved her wand. Little Cinderella then arose and went behind a screen, appearing again all in white and silver spangles. Letter perfect, she repeated her lines: "Aeow strynge it seems in this gye gaeown. All deck'd with bryde and lyce."

One day nine persons died in the bath tent, not because cleanliness was distasteful to them, but because they were so far gone with the debility that comes from being the pawns of war. As soon as convalescence was well along, the men of fighting age and condition were sent to military camps, and the women and children and aged and feeble were transported to France. They would go in batches of seven or eight hundred, and because there was great haste and inadequate food and clothing and medicine and help, the ships would sometimes load up and sail a little prematurely. The job of being conductor of these human cargoes was at no time a favorite occupation. The pearls persevered in their struggle for life, and while inoculation against cholera accomplished wonders, typhus would break out occasionally. So Miss Simmonds became a diligent conductor because (1) nobody else wanted to go, (2) she has had typhus and has been inoculated against cholera, and (3) she is Emily Simmonds.

The third reason may seem somewhat cryptic, but the Serbians would understand it. Occasionally reports came of Serbian refugees on the coast of Albania, and the trips thither to get them and bring them away Miss Simmonds found even more exciting. There was nothing dull about them. The prevalence of submarines in those waters did not exactly drive dull care away, but they did prevent the incidence of ennui.

The food question is a matter of daily interest always, everywhere, and it was none the less so there. On shipboard, every once in so often there would be a hot meal which was rare enough in occurrence to be both exciting and appreciated. In the camps it took no little wit to get a good apportionment of varieties of food, and at times even wit did not succeed. Beans,

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lard, and bacon were always in demand. At the time of one report they were long on flour and condensed milk, which did not worry them at all. One good American, doubtless in commemoration of his boyhood days, sent a great invoice of canned pumpkin for pies, but that excellent vegetable, despite all the tricks and chicanery of the kitchen, could not be intrigued past the Serbian palate. One "freight," as the shipments are called, contained a great deal of rice and barley, and as soon as she saw it, Mrs. Hawes transformed a stable at Vido into a diet kitchen and proceeded to make rice-water, barley-water, arrowroot tea, etc., which turned out to be the happiest inspiration imaginable. Sometimes it seemed that the most needful thing on earth was money. At another time it would be food, and occasionally there was great need of clothing. Sometimes water could not be bought. Usually there was a shortage of something, but by pulling together and never giving up hope, in the midst of disease and death, the Americans worked wonders.

When Miss Simmonds left Friouli after a quarantine hold-up, there were five hundred Serbians who came down to the dock to see her off, and presented her with a great bouquet of wild flowers which they had picked. Four boys, brothers, tendered her a rug that their mother, whom they had lost, had made in Valievo. She declined and they insisted. Finally she offered to buy it. No money could buy it, they declared. They had slept under it, had gone hungry rather than sell it, but now it was hers. The boys were firm; she had to take it. She had cared for them on the ship and in the camp; that was all.

By the time she returned to Corfu there were a lot more refugees and a considerable number of boys, from six to seventeen years old, who were in a bad way. They were in a very bad way. So she established a hospital for them. It consisted of four walls, a roof, a rickety table, a broken chair, two windows, and a hole in the wall. But even with this and straw for beds and with medicine and blankets and soap and water, things began to happen. As soon as the boys perked up and it looked like a little clearer sailing, word came that about a thousand men, incapacitated by age or illness for military service, were en route.

They came. Not a full thousand, but by the hundred they came, carrying their bundles. That was the time of the great rain. The

AN INCIDENT OF SERBIANS' FLIGHT TO FRANCE

Miss Emily Simmonds, who stands at the left, served in many capacities, from cook to conductor general. Thousands of Serbians and Albanians have migrated to Corfu and to Southern France

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THE ISLAND OF CORFU

Thousands of Serbians were taken to Corfu The problem of supplying food and water to these destitute people was almost insurmountable

A STREET IN CORFU

Without proper conditions for housing or proper medical supplies, it is surprising that all of the refugees did not perish from typhus and cholera

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rain came down and the men came up. Fortunately there were two kindly Quakers attached to the English Serbian Relief at Corfu, Messrs. Dell and Gallimore, and they brought tents; a Greek lady gave her house for a hospital; a large tent was put up for the tuberculous; more tents were put up; and an English doctor came three times a week to visit them. At other times Miss Simmonds was doctor as well as nurse—and at all times she was the cook. As soon as they could get time for it the American nurse and the two English Quakers took a census and found they had six hundred and twenty patients. Then it came time for the boys to go to France, and Mr. Gallimore went with them; with eighty of them. That left Miss Simmonds with Mr. Dell to look after the old ones

In July, word came that the old Serbians were also to go to France. They did not like it at all. They had never seen the sea before they were brought to Corfu, and they strongly and thoroughly disapproved of any and every kind of marine transport. Also France was far, far away from Serbia and the world was very wide, and men speak in strange tongues, and there are evil spirits which inhabit the deep. Those that were able must work in munition factories, and if that is not tending sheep or sowing or reaping, what kind of work is it? Miss Simmonds made the journey with them. "All the time," she wrote to a friend in America, describing the journey, "the men were fed on canned beef and biscuits twice a day, and as this is monotonous, I got permission to go ashore and buy up onions, tomatoes, and lemons, of all of which they are very fond. The day we left Friouli for Marseilles I gave every man a packet of tea, sugar, dried beans, cigarettes, and a can of milk and told them that this was a present from kind friends in America who had sent it to them. I only wish you could have been there to see their gratitude; it was most touching. . . . Arriving at Marseilles they were marched to a barracks in the town, and there I spent three weary days helping the officials sort and classify the men for different work in different parts of France. . . Now I am on my way back to Corfu."

PREPARED FOR A BATTLE WITH THE WAVES

Thousands of the Serbians who escaped to the Island of Corfu were transported to France to receive the hospitality of their allies

What the Serbians thought of it all is perhaps best expressed in a letter from Dr. Sondermayer chief of the Sanitary Department of the Serbian Army, with rank of Colonel, who wrote: "Its memory will live in the grateful hearts of the Serbian soldiers as long as they beat."

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Photograph by Brown Bros

A LIFE MAY BE SAVED IF YOU DO THE RIGHT THING

However, the first thing to do in an emergency is to send for a doctor Demonstrating to a class of women in Norwalk, Conn

A FIRST LESSON IN FIRST AID

BY

CHARLES PHELPS CUSHING

[*The Red Cross Magazine will publish a series of authoritative articles outlining the courses in First Aid and Home Nursing which are being given to classes in every part of the United States. The knowledge, interest and, results already shown from these courses are a great stride toward prevention of sickness heretofore caused by ignorance and also toward the saving of many lives by imparting knowledge of what to do and what not to do before the doctor comes* —*The Editors*]

FIRST AID ON THE RAILROADS

Three completely equipped Pullman lecture cars are travelling over the various railroads throughout the year, under the charge of Red Cross staff surgeons who give free lectures to employees, in factories, on railways, to miners, policemen, firemen, etc

ALL in a flash that little tragedy came back to me.

"It's a story you wouldn't care to print," the ambulance surgeon was saying. "Before we could get here the child was dead. If the mother had known what to do—simplest sort of emergency treatment—she could have saved her baby's life"

Then he scowled from under his bushy eyebrows as he finished

"Instead of fussing around with Browning and Shakespeare, why don't these women learn something about first aid?"

When I recall that tragedy or hear of others in a class with it, knowledge of emergency care of the injured or ailing appears to be a matter of such grave importance that it ought to be included in everybody's education. Lieut.-Col. Charles Lynch of the medical corps of the United States Army characterizes training in first aid methods as "a very valuable and very cheap form of insurance." (This is a quotation from a very valuable and inexpensive little textbook written by Colonel Lynch for the American Red Cross for the use of women.) "Possibly we may never need this knowledge," he adds, "but the wise man or woman would hardly be willing to let any building go

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DO NOT FORCE A DRINK ON AN UNCONSCIOUS PERSON

Loosen his clothing at neck and waist Do not splash water in his face. While alcoholic stimulants are sometimes useful, it is folly to use them generally They should never be given in head cases. Aromatic spirits of ammonia in water is better

IF THE FACE IS PALE, DO NOT LIFT THE HEAD

The middle of the body should be lifted so that blood will be stimulated to flow *to*, not away from the head Railroads are becoming more and more interested in first aid work and boxes of first aid supplies are being placed on many trains

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Photograph by Brown Bros.

THOUSANDS OF WOMEN ARE LEARNING

Bandaging before a Scarsdale, N. Y., first aid class "You are not, as a result of this instruction, to think yourself a doctor, but merely a doctor *pro tem*"

without insurance on the chance that it would never burn. How much more important it is for us to insure our own selves against the bad results of accidents. . . ."

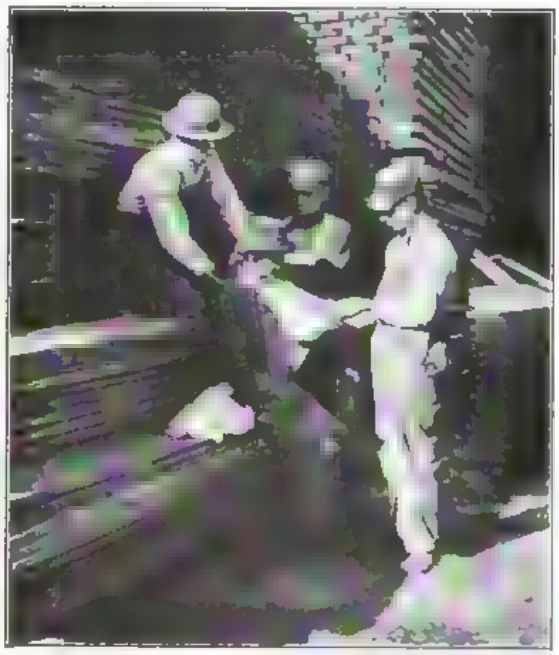
The argument is one upon which it should not be necessary to dwell at greater length. Colonel Lynch states it conservatively.

Happily, knowledge of first aid is much more widespread to-day than it was ten years ago when that ambulance surgeon of our story indignantly demanded to know the reason why women didn't learn something about the subject. Women *are* learning something about it. All over the country groups of them have been educating themselves in the principles of first aid work through text-book study, lecture courses and viewing "demonstrations." Study of a text book such as that by Colonel Lynch, backed up with attendance at half a dozen or more lectures given by a medical man who knows how to translate scientific knowledge into everyday English usually furnishes sufficient instruction in the essentials of the work. For first aid means nothing more than this the *immediate* care of the injured or ailing.

A New York surgeon who has been giving authorized lectures for the American Red Cross on first aid is the chief source of information for the material set forth in this article and in others which are to follow it. In general, we shall follow the outlines of his notes and of Colonel Lynch's text book

Our expert's first instructions to his students, most of whom have been women, are not highly technical. First of all he makes it clear that what he is trying to teach them is simply the proper method of procedure in emergency treatment. They are not to suppose themselves doctors—they are only physicians *pro tem* until a trained medical man can arrive on the scene Though their work sometimes is a matter of life or death importance, they should never forget that *the first thing to do in a real emergency is to send for professional aid.*

But they must do something themselves – and immediately. To the best of their ability they should, as soon as possible, find out what sort of case they are dealing with; they must, for example, be very sure of the nature of a person's injuries before they attempt to move him—particularly in cases of fracture, where a well-meaning attempt to make the patient



INSTRUCTION IN THE LUMBER INDUSTRY

It is estimated that 500,000 persons in this country have been given first aid lessons by the Red Cross Numerous industries are seeing the importance of promoting interest in this work. It saves lives and reduces expense

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more comfortable may result in turning a simple fracture into a compound one.

Of course, it is a first duty to make the patient as comfortable as possible, pending the doctor's arrival. A good rule to keep in mind is that the position of greatest ease usually is the one the patient himself adopts. Do not attempt to make him stretch out into a position which may add greatly to his discomfort.

Somebody has to be boss of the job. If it devolves upon you as the most competent person on the spot to take charge, assume the whole responsibility and see to it that there are not three or four captains, conflicting orders, and confusion. If you happen to be dealing with a street accident, have your helpers keep the crowd back so that the patient can get air. Remember that your task usually is not a complicated one, and that if you are to get anything accomplished you must keep cool-headed. Do not waste time fussing around with the sort of things that sympathetic crowds usually are so solicitous to provide. To splash water over an unconscious person's face is a waste of time and energy, and usually results in a needless soaking of the victim's clothing. Busy yourself instead in loosening his collar or whatever may be binding at the waistline—this is work worth while. Do not pillow the head or hold it up unless the face happens to be flushed. If the face is pale, don't raise the head from the level of the ground; it will serve the purpose better to raise the middle of the body than the head. In such cases, the blood should be stimulated to flow *to* not away from the head.

Do not allow the sight of a swoon or of a bleeding cut to get you excited. A fainting spell is nothing to worry about—nobody dies of swooning. Nor do many persons in unembattled America bleed to death. Don't get excited; get busy.

Whether you ask for it or not, volunteers will soon be on hand with some brandy or whiskey. Now there are times when alcoholic drinks are useful, but to administer them as a universal prescription is folly.

"These are really as unnecessary for every case," observes Colonel Lynch, "as would be the application of splints to the leg of every injured man. They should never be given in injuries of the head, and it should be remembered that while a small quantity of liquor acts as a stimulant, large ones are depressing. If you have it, always use aromatic spirits of ammonia [best given in half-teaspoonful doses in one-half a glass of hot water] as a stimulant in preference to any alcoholic liquor."

How about a drink of water? If the injured person asks for it, give it to him, but even then do not pour it down his throat impetuously.

KNOW THE NATURE OF THE INJURY BEFORE MOVING A PATIENT

"This is especially important in cases of fracture, where a well-meaning attempt to make a patient comfortable may turn a simple fracture into a compound one." An improvised blanket-and-poles stretcher

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And never try to force a drink of any kind upon a person who is unconscious. It will run into his windpipe and choke him. If he isn't conscious he can't swallow.

Loosen, remove or cut tight clothing, but use a little common sense about that, too. If blood is flowing, get at the source of the cut as quickly as possible; you must see what you are doing. If you have to, take a knife or a pair of scissors and rip the clothing up a seam.

A certain amount of shock—which is to say, "a more or less profound depression of the nervous system"—usually accompanies injuries. But the amount of shock is not always in proportion to the extent of these injuries. As Colonel Lynch points out, in certain sensitive types, more shock will follow a slight injury than will be caused by a severe one in cases where the patient is not particularly sensitive. The Red Cross text-book advises the first-aider not to allow an injured person to see his own injury, "as this is apt to increase shock. This is especially true with severe bleeding." Another important warning is appended later:

"While shock is so extremely common in injuries that it should always be kept in mind and treated, it should not be forgotten that something more dangerous even than shock may require attention. The symptoms of severe bleeding are very like shock, and if shock only is treated in such a case and the bleeding is not stopped the patient may bleed to death."

In shock the face is pallid. Recall the rule for such cases and do not raise the head. The case is one requiring warmth and quickened circulation. As soon as you have sent for a doctor—the first duty—set to work. The book describes the following treatment:

"First, place injured person on back with head low so that plenty of blood will enter brain.

"Stimulants should always be given if he is able to swallow. Hot coffee, hot tea, or half a teaspoonful of aromatic spirits of ammonia in half a glass of water. Whiskey may be the only stimulant procurable. If used, give one large drink only, as more is likely to cause depression. Ammonia or smelling salts to nose help when procurable.

"Never remove more clothing than necessary from an injured person as this will cause more severe shock, and when possible spread coats or blankets over him.

"Place hot water bottles or hot bricks around him when possible; flannels wrung out in hot water applied to abdomen and chest have the same effect. Rubbing arms and legs toward body, under blankets, quickens circulation of the blood and is useful. Be careful while doing this not to uncover the injured person."

SOMEBODY HAS TO TAKE CHARGE OF THE JOB

Whether it is deep down in a mine shaft or on a busy street corner, some one should take charge to obviate conflicting orders and confusion. A cool head is as necessary as knowing what to do

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Other symptoms of shock besides pallor are a skin cold and covered with cold sweat, drooping eyelids and eyes dull, with the pupils large. "The injured person is more or less stupid and takes no interest in anything happening near him. May be partly or totally unconscious or mind may wander. Usually he lies perfectly quiet and will not move unless disturbed. Breathing is feeble and shallow. Pulse rapid and weak."

Only in rare instances will the person administering first aid find a pulse *below* the normal. Nearly always the beat will be high and fluttering—much above the average count of 72 a minute. Sometimes it may be nearly twice the normal and extremely faint.

Where there is nausea, turn the patient on his side to guard against the danger of choking.

It is well to keep in mind another warning, too—this in connection with the external use of heat as a stimulant. Heat employed in this way is so valuable in certain emergencies that, as the text-book observes, "every student should know how to make use of it. The ordinary hot water bag is most convenient for this purpose, but glass bottles and jars are good. They should be covered with cloth or paper to prevent them from burning the patient. Hot bricks and stones are also useful. In using heat in this way it should be remembered that especially with an unconscious person, there is considerable danger of causing severe burns, so one must make sure by testing the bottle, etc., on his arm or face, that it will not burn even if it is left in contact with the skin for some time."

And then cold may be utilized with effect in first aid work. Its first great advantage is in reducing the temperature of the body in sunstroke. It is used, in contracting blood-vessels locally and in stimulating respiration or breathing.

Is it not strange that the two opposites—cold and heat—as Colonel Lynch shows, should have the same effect on blood-vessels? Cold is really preferred to heat to prevent swelling after an injury. "Ice bags, cold water running from a tap, cold water in a basin or pail, or cloths wrung out in cold water are generally used.

"Everybody knows that on jumping into water or on being struck by a stream of cold water, he involuntarily takes a deep breath. This effect of cold is taken advantage of to cause breathing to start when it has stopped or to quicken and deepen it if it is slow and shallow. For this purpose cold water should be sprinkled on the face."

DO NOT LET A BLEEDING CUT GET YOU EXCITED

A certain amount of shock usually accompanies injuries. With certain sensitive types the shock in cases where there is bleeding is often severe, and it is well for the person who administers first aid not to allow such persons to see the hurt

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ALONG THE HIGHWAY

THE EYES OF MEAUX

WE VISITED the battlefield of the Marne on a calm Sunday with the cannon of Soissons booming in our ears and we found it a sea of blood-red poppies, as far as the eye could reach, with the tops of white crosses everywhere and on these crosses was written simply: "12 Soldats Francais"—"25 Soldats Francais"—"50 Soldats Francais"—with little French flags waving over each grave, and hidden in the poppies are black crosses with "12 A" (Allemands)—"25A"—"50 A."

The three villages on this battlefield, which were almost completely destroyed, have already been entirely reconstructed.

We leave those fields of poppies with their twelve thousand unknown soldiers and go to the hospital at Meaux, where there are living heroes whom we can still help. We are received by a charming white-haired French gentleman who is delighted with a visit, for, as it is in the fighting zone, visitors are very rare. He tells us there are 160 beds, but, as it is so near the front, they only keep the wounded a short time. They are nearly all eye cases at present, which are the most terrible of all. The wounded always say: "I am a lucky one, it is not my eyes."

Then there is the usual: "Will you visit our hospital?" and we are led through a lovely enclosed court with flowers, where the soldiers can get an airing. "They are all in here for it is Sunday afternoon," our host says and opens a door. I brace myself to look in and I see 90 soldiers with bandaged heads sitting in rows and ten Red Cross nurses—having a concert. And the music is gay and there is not a sign of suffering, although all those soldiers were suffering Heaven knows what amount of agony, for France.

Then we went to the clean wards where Sister Celine, the matron, in her white nun's dress with a cross of the Christ on her breast, received us with smiling, keen eyes shining through her spectacles. When asked what she needed, she said: "Oh, if you could send me gauze and cotton. These eye cases must be changed three times a day. I did not know what I was going to do to get it, but the 'Bon Dieu' always sends it." And it has been sent to-day from American women in Paris.

ANNETTE BARBOUR.

CHRISTMAS IN MUNICH

THE spirit of Christmas was much in evidence at the American Hospital in Munich, and almost everything was done by the Superintendent and nurses to give the men as happy a time as possible. When the men assembled in the dining-room for supper on Christmas Eve, they found the table beautifully decorated, and beside each plate a small sum of money. The dinner was bountiful and of good quality, and most thoroughly enjoyed. Then the doors were thrown open into an adjoining room, and a resplendent Christmas tree delighted the souls of all present.

Photograph by Underwood & Underwood
German Red Cross Sisters

After "Heilige Nacht" had been sung came the distribution of gifts. Thoughtful and generous friends had cared for all. This year the men had been asked to make known their special wants. One of the blind asked for toys and clothing for his small children; another requested that some comrades at the front who had been overlooked last year in the distribution of gifts should be remembered. A warm-hearted friend saw that they were not forgotten.

CANADIAN RED CROSS ACTIVITIES

WITH seven provincial and 637 local branches, the Canadian Red Cross, from August, 1914, to August, 1916, had received in cash contributions at headquarters for European war relief approximately $1,800,000, which has been rapidly apportioned to assist the hospital work of the Allies. France, Belgium, Russia, Serbia, Italy, and Montenegro have shared in the beneficences of the Canadian Red Cross since the outbreak of the great war. Approximately $160,000 has been expended in Canada in purchasing Red Cross *materiél;* $88,000 for motor ambulances (125 motor

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Canada has sent 130 Red Cross Nurses to Europe

ambulances had been sent from Canada up to July of this year), and some 130 Red Cross nurses have gone from Canada to the war hospitals in Europe.

The foregoing information has been kindly furnished THE RED CROSS MAGAZINE by Lieut.-Col. Noel G. L. Marshall, Chairman of the Executive Committee of the Canadian Red Cross, who lately returned from a visit to the western front in Europe. In addition to the activities listed above, Colonel Marshall, who is the active head of the Canadian Red Cross, says that his organization has established several hospitals in England and France, chief among them the Duchess of Connaught Canadian Red Cross Hospital at Cliveden, England, which has a capacity of 1,000 beds, and others with a capacity of 500 beds.

"In my interview with their Majesties the King and Queen of England," says Colonel Marshall in his communication to this Magazine, "they expressed gratitude to the Canadian and American people for their unbounded generosity.

"During my visit to France I found that t hospitals there were in greater need than tho of the British; therefore I arranged that 5,0 cases of Canadian Red Cross supplies be se to the various hospitals, the contents of whi were distributed from Paris to upward of 1,0 hospitals.

"As my visit was mainly as a representati of the Canadian Red Cross Society, and havi plenty to do, I had little time for visiting any the hospitals established by Americans, b heard many expressions of gratitude and than for what our friends, the Americans, ha done. . . .

"I forgot to say that during my stay in Par I received an invitation to meet Preside Poincaré, who was quite enthusiastic in h appreciation of what the Canadians and Ame cans had done for France and desired me so say."

Miss Mabel T. Boardman, of the Americ Red Cross Executive Committee, writing fro Pointe à Pic, Province of Quebec, Canada, whe she has been sojourning this summer, tells of successful bag sale and bazaar held there f the Canadian Red Cross. This was enter into with great enthusiasm by the women Canada, both English and French, and al the Americans, and the people of Malbaie v lage, near by, also coöperated most generousl The latter had booths which reproduced local i dustries, and at a little outdoor theatre gave o Canadian songs and dances. The result w the netting of $3,300 for the Quebec branch the Canadian Red Cross.

THE RED CROSS NURSES

BY

THOMAS L. MASSON

OUT where the line of battle cleaves
The horizon of woe
And sightless warriors clutch the leaves
The Red Cross nurses go.
In where the cots of agony
Mark death's unmeasured tide—
Bear up the battle's harvestry—
The Red Cross nurses glide.

Look! Where the hell of steel has torn
It's way through slumbering earth,
The orphaned urchins kneel, forlorn,
And wonder at their birth:
Until, above them, calm and wise,
With smile and guiding hand,
God looking through their gentle eyes,
The Red Cross nurses stand.

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